



Morpheus8 Pre & Post Treatment Instructions

Compliance with the recommended pre / post care instructions as well as recommended follow-up visits are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your provider of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

Recommended Pre and Post Conditioning Skin Care:

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation, and boost collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time.
- Continue to use throughout the treatment series to preserve and maximize results.

**Plated Intense should be the first product applied to the skin. Wait until the skin is dry (5-10 minutes) before applying any other products.

Revive's Hyperpigmentation Cream (8% hydroquinone, 0.025% tretinoin, 4% kojic acid) is recommended for some patients to reduce the risk of hyperpigmentation

- Apply a pea-sized amount to skin in the evening for 2 weeks prior (or as directed by your provider) to your treatment and throughout the treatment series.
- Please be aware the use of hydroquinone can cause skin irritation in some people. If you experience any irritation or other adverse reactions, discontinue use and consult with your provider for alternative products.
- Stop using hydroquinone 3-5 days prior to your treatment. You may resume use of hydroquinone 7 days after treatment.
- Sunscreen must be used while using Hydroquinone or any pigment correcting product.

Physical Sunscreen at least SPF 30.

- Apply daily to protect from sun exposure.

Pre Treatment:

- Do NOT wear makeup on the day of treatment.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3-7 days prior.
- Avoid unprotected sun exposure or tanning, or self-tanners for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid taking any blood-thinning agents for 3-7 days prior unless otherwise prescribed by your physician.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These medications may interfere with the natural inflammatory process critical.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 4 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 5 days, beginning one day before treatment.
- If you are prone to acne breakouts you may be prescribed an antibiotic medication to take for 7 days, beginning one day before treatment.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- The ideal time to schedule this procedure is 4 weeks before a big event.
- Avoid alcohol for 3 days before and after.
- You may not be treated if pregnant or lactating.

Post Treatment:

- After the procedure **Plated Intense** serum may be applied
- Immediately after treatment, you may experience erythema (redness) for 1-3 days. For some patients this may last longer.
- Mild to moderate swelling is common after treatment and may last up to 1 week.
- Beginning one day after the treatment, wash the skin with a gentle face wash then apply Plated Intense serum twice a day for one week while the skin is healing.
- You may apply a gentle, fragrant free moisturizer 24 hours after treatment.
- Skin may crust and peel for 2-7 days during the healing process. DO NOT pick at any scabs.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 1 week after the procedure. Do not rub or irritate the area.
- Bruises occur in some people and last 1 to 2 weeks and are a normal reaction to the treatment.
- Only take Tylenol for pain relief after your procedure. Other pain relievers such as Aspirin or NSAIDs (i.e. Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) can thin the blood and cause bleeding or bruising. The only exception to this rule is if your primary care doctor has prescribed you to take a daily Aspirin, NSAID, or other blood thinner.
- DO NOT wear Makeup for at least 48 hours.
- Avoid all strenuous activity for a minimum of 48 hours as sweating increases infection risk.
- You may take an antihistamine such as Benadryl/Zyrtec/Claritin to reduce swelling or if you experience itching (histamine reaction).
- Avoid All Direct & Indirect Sun Exposure.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin the use of SPF starting 24-48 hours after your treatment.
- You may resume your regular skin care regimen after the skin has healed and no crusting remains.
- Resume Hydroquinone after the skin has healed, usually 7 days after treatment. Stop use at least 3-5 days before the next treatment.
- If you have any questions or experience fever, chills, discharge, or extreme discomfort, please contact the treatment provider.

Multiple treatments over a period of several months may be required to achieve the desired results.
 Final results can be seen 90 days after the last treatment.

Treatments of the face and neck should be scheduled 4-6 weeks apart. Treatments on the body should be scheduled a minimum of 6-8 weeks apart.

Patient Signature _____

Date _____